

City of Milwaukee Employees:

Provided below is information about many of the special corporate rates that are available to City of Milwaukee employees at health, wellness and fitness sites in and around the City. Provided also is information about other places of interest that do not offer special rates, including Milwaukee County Parks and community centers.

Information and rates are subject to change – check with the organization for further details.

### THINK WELLNESS, THINK HEALTH, ACT NOW

The City of Milwaukee's Wellness Team

Wednesday lunchtime bike rides with the Legislative Reference Bureau – join Richard Withers and the gang for a 35-minute ride around the City! (departing from the Zeidler building at 12:15 – wear your helmet)

Call Richard at 286-8532 for details.

FREE, and highly recommended!! Thanks, Richard!

### Kosciuszko Community Center

2201 S. 7<sup>th</sup> St. 53215 / 414-645-4624

<http://www.county.milwaukee.gov/KosciuszkoCenter10370.htm>

### Dr. Martin Luther King Jr. Community Center

1531 W. Vliet St. 53205 / 414-344-5600

<http://www.county.milwaukee.gov/KingCenter10369.htm>

\*Adult and youth programs

\*Annual membership:

\$31.68/adult

\$13.73/child age 5-12

\$21.12/child age 13-17

\$68.84 for 4 pack

\*No discount for City employees

### UW-Milwaukee – Klotsche Center, 3409 N. Downer Ave. 53211

<http://www.uwm.edu/Dept/klotsche/member.htm>

\*Community members have access to all fitness facilities, including pool. Classes cost extra.

\*See website for individual and family rates. No Discount for City employees.

\*Annual, semester, summer and prorated memberships are available; all

### MPS Recreation Guide

on-line at [www.MilwaukeeRecreation.net](http://www.MilwaukeeRecreation.net)

\*Youth activities, aquatics (including open swim), outdoor education, adult enrichment, Special Olympics, and therapeutic recreations... You name it, they've got it- even hula dancing!

\*Costs vary according to program. No discounts for City employees.

Its mission is to enrich lives through recreational and educational opportunities!

### Milwaukee School of Engineering's (MSOE) Kern Center

1245 N. Broadway St. 53202/ 414-277-2850

<http://w3.msoe.edu/kerncenter/>

\*City of Milwaukee rate: \$364/yr

\*Spouse/dependent of employee: \$460/yr (each)

\*\$10/person application fee (\$35/family max)

\*2 payment options: up-front or 4 installments

\*210,000 sq ft. recreation, health and wellness facility

### YMCA of Metropolitan Milwaukee

12 locations in Metropolitan Milwaukee

<http://www.ycamke.org/>

See separate YMCA flyer.

### Marquette University's Helfaer Center

<http://www.gomarquette.edu/recsports/pages/recCenter.htm>

414-288-7778

\*Offers a variety of classes to the general public, including cardio, spinning, water aerobics and yoga classes

\*Costs vary according to class, generally \$40-\$60 range for non-members for 6 or 10 week classes

\*Memberships available:

Single: \$537/yr or \$236/semester or \$153/summer

Family: \$779/yr or \$342/semester or \$222/summer

\*Costs per class are lower for members

\*All payment is up front

### Milwaukee County Parks! Interested in...

\*Sports? The parks have facilities for just about everything! From archery to volleyball, and everything in between...including cricket!

<http://www.county.milwaukee.gov/Sports8328.htm>

\*How about hiking, bicycling, cross-country skiing?

<http://www.county.milwaukee.gov/Trails8084.htm>

\*Canoeing or kayaking?

<http://www.county.milwaukee.gov/router.asp?docid=9140>

\*Water-based recreation?

<http://www.county.milwaukee.gov/WaterbasedRecreation9137.htm>

<http://www.countyparks.com/> / 414- 257-PARK

### Intercontinental Hotel

139 E. Kilbourn Ave. 53202

414-276-8686

\*\$35/mo. No discount for City employees.

\*free weights, elliptical machines, treadmills, exercise bikes, and saunas in locker rooms

## WISCONSIN ATHLETIC CLUB

6 Milwaukee-area locations / 414-212-2000

<http://www.thewac.com/>

- \* Restricted membership: \$52/mo for City employees (can use only one location and only during non-peak times)
- \* Unrestricted membership: \$64/mo for City employees
- \* Unrestricted couple rate: \$94/mo
- \* Enrollment fee: \$40/individual and \$65/couple
- \* Minors may be added on for \$10 each, with a \$25 maximum
- \* Fitness equipment, classes, personal training, childcare available
- \* no contract

## SNAP Fitness

2797 S. Kinnickinnic Ave. 53207 and  
N95 W25901 County Line Rd. Colgate, WI 53017...and...  
Coming Soon! 252 E. Menomonee St. 53203  
414-486-7627

- \* Single rate: \$34.95/mo for City employees
- \* Family rate: \$49.95/mo for City employees
- \* Rates are lower with pre-pay; buy 6 months and get 1 month free; buy 12 months and get 3 months free; buy 18 months and get 6 months free!
- \* \$5/mo service charge if paying cash
- \* one-time \$15 keycard fee per member
- \* no contracts, and no enrollment fee
- \* Can use any SNAP facility in the country

## CURVES

See <http://www.curves.com/locations> for  
Curves locations and contact info.

- \* Curves is a women-only 30-minute fitness program with more than 30 facilities in the Milwaukee area
- \* Enrollment fee is \$149, reduced to \$49 for City employees who sign a 12-month contract and demonstrate proof of employment. Discount applies at all area Curves.

### Rates:

- \*\*12-mo contract with auto-withdrawal: \$34/mo
- \*\*month-to-month: \$44/mo
- \*\*one-year annual prepay: \$368/year

## DUKE ROUFUS MARTIAL ARTS ACADEMY

320 N. 76<sup>th</sup> St. (1 block S. of Bluemound Rd.) 53213  
414-453- KICK (5425)

<http://www.dukeroufugym.com>

dukoufugym@sbcglobal.net

- \* Programs: Mixed Martial Arts (MMA), Muaythai Kickboxing, Brazilian Jiu-Jitsu, Wrestling & Boxing, for fitness or competition
- \* **5 membership plans:** Range from \$100/month to \$1,000 per year. Enrollment fee waived for City employees with the one-month, 3-month and 6-month no contract plans, and with the 13-month auto deduct contract plan.
- \* Family Plan: Additional memberships (of equal or lesser value) are 25% off, \$50 enrollment fee waived
- \* First class always free - Classes for adults and kids (ages 6-12)
- \* Adults can attend up to 96 classes/month on "all-inclusive" membership plans
- \*\*Ask for Scott Joffe, partner and General Manager/Membership Director
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## Anytime Fitness

2170 N. Farwell Ave / 414-319-1111

<http://www.anytimefitness.com/Clubs/milwaukee/index.htm>

- \* Open 24 hours/365 days a year
- \* Reciprocity to all clubs nationwide
- \* Individual TV's on all cardio equipment
- \* City of Milwaukee employee membership rates:
  - \*Enrollment fee waived
  - \*\$34.95/individual - monthly
  - \*\$62.95/couple - monthly
- \* One-year agreement required

## WISCONSIN HEALTH AND FITNESS

2121 S. Kinnickinnic Ave. 53207 / 414-747-9001

### RATES:

- \* Single rate is \$29.95/ mo for City employees
- \* Enrollment fee is \$49 for City employees
- \* Family members are \$20/ add-on
- \* month-to-month, no contracts

## Cardinal Fitness

<http://www.cardinalfitness.com/>

8401 W. Layton Ave. 53228 / 414-425-8246  
2558 N. Mayfair Rd. 53222 / 414-258-4066  
8601 S. Howell Ave. 53154 / 414-570-0100  
S30 W24896 Sunset Dr. 53189 / 262-522-3777

- \* guests are welcomed at any of 50 locations, including Chicagoland and Indiana.
- \* City of Milwaukee rate is \$19.95/mo, and rates will never increase
- \* City employee joining fee is \$19.95 (normally \$99)
- \* There is a one-time processing fee of \$20
- \* Membership may be cancelled with 30-day notice
- \* Kids room
- \* All City employees may stop by any Cardinal Fitness location and receive a free one-month trial until 12/31/07!

## Women's Super Fitness

3333 S. 27<sup>th</sup> St. 53215  
414-383-4544

- \* Women-only facility
- Cardio, circuit training, free weights, group exercise classes...free personal training...and more!**
- \* City employee rates: \$12.95/mo with a \$75 enrollment fee
- \* Contract required (various options)
- \* Special rate applies to employee, spouse or daughter (age 16-21)

## VICTORY LADY FITNESS CENTER

3915 N. Richards St. 414-961-2333

- \* women-only facility
- \* Special City rate: \$99 with a 6-month contract (must enroll in October, 2007)
- \* Special group rate for City employees: Applies to groups of 15 or more, with a 2-year contract, \$49 down and \$13/month per person
- \* Aerobics classes, personalized workout plans, and more....!

## INVIVO

2060 North Humboldt Avenue,  
Suite 300  
414-265-5606

[www.invivowellness.com](http://www.invivowellness.com)

- \* City employees receive a special membership price of \$50/month with a one-year contract...along with this special rate, the enrollment fee is waived!
- \* Large windows overlooking the Milwaukee River provide natural lighting to help keep a relaxed environment while working out or taking a class. All group fitness classes are included in all memberships.
- \* Full service spa is available by appt., at additional cost.